

## Worksite Challenge: Fit with 5



### Benefits of Eating Fruits and Vegetables

- Fruits and vegetables taste great.
- Fruits and vegetables are the original fast food – easy to fix and serve.
- Eating plenty of fruits and vegetables helps you feel more energetic.
- Fruits and vegetables are good for your health.
- Fruits and vegetables may reduce your risk of certain cancers and heart disease.
- Fruits and vegetables have no cholesterol and almost all are naturally low in calories, fat and sodium.
- Most fruits and vegetables are a good source of vitamins, minerals and dietary fiber.
- Fruits and vegetables help promote a healthy digestive tract.

### Tips for Getting More Fruits and Vegetables in Your Diet

- Go for the dunk! Dip apple slices in low-fat yogurt or carrot and celery sticks in fat-free Ranch dressing.
- Make “fruitilicious” pancakes for breakfast or snack. Add berries, apple chunks or mashed banana to pancake batter.
- Do the “veg-egg” thing. Mix veggies into scrambled eggs and omelets.
- Get “cerealous!” Smother hot or cold cereal with sliced fruit.
- Be a salad head. Eat a salad with your lunch or a large salad as lunch (don’t forget the low-fat dressing). Be sure to use low-fat cheese, egg whites without the yolks and hold the bacon please!
- Soups on! Eat a hearty bowl of vegetable soup.
- Take fruits and veggies to work or school. Carry a banana, apple, orange, box of raisins, carrot and celery sticks or a box or can of fruit or vegetable juice in your briefcase, purse or knapsack.

### Benefits of Physical Activity

- Improves your body image, self-esteem and appearance
- Improves muscular strength and endurance
- Lowers blood pressure
- Decreases stress
- Reduces risk of injury
- Increases energy levels
- Improves physical performance
- Improves concentration and focus
- Decreases risk of heart disease, osteoporosis and diabetes

### Examples of Activities

Moderate (3.5 to 7 calories burned per minute):

- Walking 3 – 4.5 mph on level surface
- Bicycling 5 – 9 mph on level terrain
- Walking with crutches
- Light calisthenics
- Skating at leisurely pace
- Yoga
- Stairclimber machine at moderate pace
- Ballroom/Line/Square/Modern dancing
- Softball, doubles tennis, competitive table tennis, golf (walking)

Vigorous (more than seven calories burned per minute):

- Jogging, racewalking 5 mph or faster
- Wheeling your wheelchair
- Aerobics, water jogging
- Most competitive sports